



Please click all tabs at the bottom/scroll through all pages to review all documents

**Last update: 11/6/2025*



Mesa Supply List

Item/Direction Requirement	Purchase Location/Suggestions
<i>Optional Items</i>	
Mesa carrying bag	Chacana Spiritual Center
Outdoor Gear: hat, sunglasses, sunscreen (in-person classes, as needed)	
Eye pillow or mask for journeying	
Extra set of clothing (in-person classes, needed if it rains)	
<i>General</i>	
Wear black clothing	
Red or black journal	
Red or black pen	
Yellow Florida Water	Chacana Spiritual Center
Smudge (Sage, Palo Santo, etc.)	Chacana Spiritual Center
Smudge pot	Chacana Spiritual Center
<i>South 1 - Serpent</i>	
Mesa Cloth – 30" x 30"	Chacana Spiritual Center
Wantana	Chacana Spiritual Center
Small Rattle	Chacana Spiritual Center
Pendulum	Chacana Spiritual Center
Energetic Protection Knife, brand new, never used	Example Sample Brand: Ozark Trail Wanderer 7.5 inch Fixed Knife - Available at Walmart, Amazon, Etc.
Long-Neck Lighter Standard (not electric); high quality and unused	Example - Available at Walmart, Amazon, Etc.
Pencil-size sticks, enough to fill a plastic shopping bag (must be dry and not too thick, do not purchase)	Free from nature
3 Stones, preferably mountain or river stones that you've found in nature	Free from nature
Qinto Bag	Chacana Spiritual Center
<i>South 2 - Serpent</i>	
Two Bells, one masculine (deeper tone) and one feminine (higher tone)	Chacana Spiritual Center

Scrying Dice	Chacana Spiritual Center
Feather found in nature, not purchased. Bring to class once you have found one.	Free from nature
West - Jaguar	
3 Stones, preferably mountain or river stones that you've found in nature	Free from nature
Power Hands	Chacana Spiritual Center
Vogel crystal (do not purchase prior to speaking with Shannon)	Chacana Spiritual Center
Inexpensive sunglass hard case to hold Vogel	Example - Available at Walmart, Amazon, Etc.
Inexpensive red cloth for Vogel	Possibly available at the Chacana Spiritual Center. Available at Walmart, Amazon, Etc.
Poster putty to secure Vogel points	Example - Available at Walmart, Amazon, Etc.
North - Hummingbird	
3 Stones, preferably mountain or river stones that you've found in nature	Free from nature
East - Eagle	
3 Stones, preferably mountain or river stones that you've found in nature	Free from nature
Nusta	
Nusta Bundle which includes: Rainbow cloth, rainbow ribbons, rainbow wantana	Chacana Spiritual Center
2 cotton balls	
1-2 wooden cups	
Sacred water from a natural water source, preferably not stagnant water.	Free from nature
Two Black Stones, one phallic shaped and one egg shaped, found in a natural water source	Free from nature
White Stone From a high mountain or other high-energy location	Free from nature
One Red & One White Flower	Free from nature or purchased
2 feathers, each from birds of great flight, found in nature (Chacana to provide further details)	Free from nature
Chumpi/Graduation	
7-Stone Chumpi Set	Chacana Spiritual Center
Small inner cloth, large enough to wrap chumpi set	Chacana Spiritual Center
Wantana	Chacana Spiritual Center
<i>*Graduation includes a pot luck meal. Please coordinate with classmates.</i>	

Mesa Practice Enhancements (Optional)

Lineage Inspirations

Your Mesa is a living altar—a direct reflection of your spirit and your connection to the seen and unseen worlds.

Many apprentices feel called to add sacred tools that speak directly to their soul's medicine. While these items are optional, they hold deep power within the Q'ero mountain shamanic lineage. These additions can strengthen your bond with Pachamama (Mother Earth), Inti (Father Sun), and the Apus (mountain spirits).

In this tradition, every item is alive—a companion of energy and intention. Over time, these sacred pieces create harmony, balance, and strength, transforming your Mesa into a bridge between Earth and Spirit, grounded in Ayni (the sacred act of reciprocity).

The Andean Trilogy (Serpent, Jaguar, Hummingbird, and Condor) embodies the path of transformation and enlightenment. Adding these allies to your Mesa awakens their specific wisdom:

- Serpent: Teaches release and renewal.
- Jaguar: Brings courage and presence.
- Hummingbird: Inspires joy and effortless action.
- Condor: Lifts your prayers and visions to the heavens.

Black and White Inner Cloth (Duality Cloth) – Balances feminine and masculine energies; harmonizes light and shadow within your ceremonial work.

Drums – Represent the heartbeat of Pachamama. Used to call the spirits, shift energy, and journey between worlds. The sound of the drum synchronizes the shaman's heartbeat with the earth's rhythm, grounding and empowering ceremony.

Father Sun Symbols (Inti) – Activate vitality, strength, and radiant clarity within your healing energy field.

Feather Fans – Move heavy energies (hucha), call in sacred winds, and assist in spiritual cleansing and transformation.

Grandmother Moon Symbols (Mama Killa) – Encourage intuition, emotional balance, and the sacred rhythms of feminine wisdom.

Large Mountain Chumpi Stones – Carry the power of the Apus (mountain spirits); aid in strength, protection, and energetic alignment.

Meteorites – Hold cosmic energy from the stars, supporting connection to celestial ancestors and galactic wisdom.

Pachadaddy Figurine – Symbol of the divine masculine; brings grounding, protection, and stability to your Mesa.

Pachamama Figurine – Embodies Mother Earth's nurturing energy, inviting abundance, fertility, and balance into your practice.

Scrying Mirror – A tool for divination and deep reflection, allowing you to perceive messages from spirit and the hidden realms.

Serpent, Jaguar, Hummingbird, or Condor Figurines / Symbols – Represent the sacred Andean Trilogy; powerful for alignment with transformation, strength, joy, and higher vision.

Wiracocha Symbols – Represent the Great Creator, honoring the light from which all existence flows; opens channels to divine guidance and higher wisdom.

***Note: Speak with Shannon Davis prior to putting any of these items in your mesa.**

Curriculum List



Class/Direction	Signature	Date
*indicates online option available		
Before South 1 (Class 1)		
Mesa Orientation (Online Only)		
South 1 - Serpent		
South 1		
Mesa Essentials*		
Moon Ceremony		
Shamanic Ethics (Online Only)		
South 2 - Serpent		
South 2		
Mesa Essentials*		
Moon Ceremony		
Sacred Boundaries		
West 1- Jaguar		
West 1		
Mesa Essentials*		
Moon Ceremony		
Shamanic Intake (Online Only)		
Sacred Fire/Sacred Altar/Ancestors		
West 2- Jaguar		
West 2		
Mesa Essentials*		
Moon Ceremony		
Middle World Journey		
North 1 - Hummingbird		
North 1		
Mesa Essentials*		
Moon Ceremony		
Upper World Journey		
North 2 - Hummingbird		
North 2		
Mesa Essentials*		
Moon Ceremony		
East 1 - Eagle		
East 1		

Mesa Essentials*		
Moon Ceremony		
Despacho Class		
East 2 - Eagle		
East 2		
Mesa Essentials*		
Moon Ceremony		
Ñusta		
Ñusta		
Mesa Essentials*		
Moon Ceremony		
Chumpi/Graduation		
Chumpi/Graduation		
Online Student Note: All classes will be online as we move forward into our online curriculum.		
<u>Additional Note for All Students: All required ancillary classes must be completed prior to graduation</u>		